

Oak Ridge Itineraries

We're so glad you're visiting Oak Ridge! Whether you're on your own, with a group, or touring with your family, and whether you're interested in family fun activities, outdoor recreation, or the history of the Manhattan Project, we have several suggested itineraries prepared to help you on your journey through America's Secret City: Family Fun, History Revealed, Outdoor Recreation, Arts & Antiques, Local Flavor, Group Together

Family Fun in Oak Ridge:

- American Museum of Science & Energy
- Children's Museum of Oak Ridge
- Melton Lake
- Museum of Appalachia
- Secret City Excursion Train

Put the family in the car and head to Oak Ridge for a day or two of exciting activities. Start off at the American Museum of Science and Energy, where hands-on activities make learning fun. Next, make a stop at the Children's Museum of Oak Ridge, where the whole family gets involved in the Amazon Rainforest, a child-sized dollhouse, the music studio, and more! Take the kids down to the lake and watch the rowers practice their techniques on one of the nation's most renowned rowing courses. Just up the road a bit, the Museum of Appalachia is a living history complex filled with history, animals, 250,000 pioneer relics, and delicious Southern cooking. If you're staying through the weekend, check the schedule for the Secret City Excursion Train. The kids would love it if you rented out the little red caboose!

History Revealed:

- Secret City Excursion Train
- American Museum of Science & Energy
- Oak Ridge Driving Tour
- Museum of Appalachia
- Green McAdoo Cultural Center

Take a ride through history aboard the Secret City Excursion Train! The train runs through the historic K-25 Manhattan project facility on select weekends throughout the year. Afterward, stop by the American Museum of Science & Energy's Discovery Shop to rent the Oak Ridge Driving Tour. This tour takes you on a journey through the Secret City, with stops at the Friendship Bell, the Children's Museum, Historic Jackson Square, the Chapel on the Hill, Melton Hill Lake, and so much more. This is the best way to get a thorough tour of the entire city, from its historic past to its impressive future.

Just up the road in Clinton, the Green McAdoo Cultural Center offers a memorable and moving glimpse of the Civil Rights movement at Clinton High School, the first public high school in the South to be integrated. And the Museum of Appalachia in Norris offers a glimpse of East Tennessee's Appalachian roots.

Group Together

Groups can find a variety of exciting activities to keep them occupied. For more information on group tours and itineraries, visit the Group Tour page on our web site <http://oakridgevisitor.com>

Outdoor Recreation

- University of Tennessee Arboretum
- Haw Ridge
- Windrock Mountain
- Melton Hill Lake
- Norris Lake

Oak Ridge is a Mecca for outdoor enthusiasts! The University of Tennessee Arboretum has more than 250 acres and 2,500 native and exotic woody plant specimens that represent 800 species, varieties, and cultivars. The city is also well-known for its Greenways system and rowing regattas. Haw Ridge is a great spot for mountain bike riding, and Windrock Mountain is favored by ATV riders. Fisherman, boaters, and campers will enjoy Melton Hill Lake and Norris Lake.

Arts & Antiques

- Oak Ridge Art Center
- Oak Ridge Antique Shops
- Downtown Clinton

Explore the world of local and regional art at the free Oak Ridge Art Center. Then explore some great antique shops in historic Oak Ridge. Downtown Clinton is also filled with wonderful arts, crafts, antiques and collectibles.

Local Flavors

- Jefferson Compound
- 80 East
- Big Ed's
- Soup Kitchen
- Magnolia Tree
- Village Restaurant
- Homeland Cafe

Oak Ridge may be known for its history, but it's also known for its great local restaurants. Many of these great restaurants are located in historic buildings, so the feel of historic Oak Ridge really comes through. Jefferson's Compound is a fantastic local diner where customers can find hamburgers named after the Little Boy and Fat Man. The Soup Kitchen has homemade soups, sandwiches, and desserts, and is located in Historic Jackson Square in an original Manhattan project-era building. In that same area, 80 East Pub and Grille offers a choice of fine dining or relaxed pub atmosphere. And pizza lovers will thrill their taste buds at Big Ed's, where pizza, beer, and soft drinks are the only items on the menu, but nothing else is needed! The Village Restaurant offers great American fare, while Homeland Café is strictly European with a focus on Polish foods. Magnolia Tree offers an incredible Greek selection with wonderful homemade desserts.